

MENSTRUAL CYCLE RECORD

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MAR																															
APR																															
MAY																															
JUN																															
JUL																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC																															

S: Spotting

B: Bleeding

WARNING SIGNS AND CAUTIONS (PAINS) - Intrauterine Device

You have chosen the IUD (Intrauterine Device) as your method of birth control. The following are warning signs of problems. Remember the word “PAINS”.

P - Period late (indicating possible pregnancy), abnormal spotting or bleeding

A - Abdominal (stomach) pain or pain with intercourse

I - Infection - exposure to any sexually transmitted infections (STI) or abnormal discharge (indicating a possible infection)

N - Not feeling well, having fever and/or chills (indicating a possible infection)

S - String is missing, shorter or longer

If you experience any of these warning signs, call the clinic or your health care provider as soon as possible!

Keep a record of your monthly periods on the other side.

Mark “S” for spotting or “B” for bleeding on each day you do one or the other. Bring your menstrual cycle record with you when you come to clinic or see your health care provider.

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